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What Is High Intensity Interval Training

High Intensity Interval Training, or HIIT, has become all the rage in workout circles. The promise of burning more calories in less time has drawn lots of attention to this type of workout routine. Below, we've scoured the web to find several articles which explain what HIIT is, the benefits of HIIT, and why you want to incorporate HIIT principles into your exercise routine.

[What is HIIT?](#)

[Mens Health](#)

"High-intensity interval training (HIIT) is a form of exercise in which you alternate between very intense anaerobic periods and slower recovery periods for a shorter, more efficient workout. "The high intensity intervals should be performed at near maximum effort and the recovery intervals should be done at about 50%," says personal trainer Daniel Lagimodiere (reallifit.com)."

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[What Is HIIT?](#)

[Popsugar](#)

"The accurately poetic acronym HIIT stands for high-intensity interval training. A HIIT workout mixes shorts bursts of activity with even shorter rest periods. Ideally, you work to your maximum capacity during the short bursts of

activity, hence the use of "high intensity" to describe those intervals. Because you are pushing your limits, these workouts tend to be shorter, rarely passing the 30-minute mark."

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What is HIIT And What Are Its Benefits?

Active Health

"High intensity interval training or HIIT is a form of cardio exercise done in short, intense bursts that aims to maximise athletic performance under conditions where the muscles are deprived of oxygen. HIIT is a great form of exercise to include in your workout routine if you are seeking to build strength and muscle endurance or trying to lose weight."

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What is HIIT And How Do I Use It In My Training?

Fitness Blender

"High intensity interval training or HIIT is defined as short, intense, unsustainable bursts of physical activity, paired with intervals of quick rests. This type of intense training causes a sort of metabolic disturbance which can result in the body burning calories at a higher rate up to 48-72 hours later. HIIT can also increase metabolism, reduce insulin resistance, improve cardiac function, produce faster gains in endurance levels than steady state cardio training and can be an effective way to recruit/build type 2 fast twitch muscle."

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What Is HIIT Training?

Assault Fitness

"HIIT, or high intensity interval training has become one of the most popular fitness trends of the 2018 and for good reason. The core of HIIT is to give high-intensity effort for quick bursts followed by short periods of rest. For example, a person may give maximum effort while sprinting for 30 seconds followed by 60 seconds of recovery time. This process is then repeated multiple times for a total workout length of 10 to 30 minutes."

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What The Heck Is HIIT?

Freeletics

"HIIT: High intensity interval training - a technique that's earned its name as the hottest training method on the market. It's fast, intense and said to burn calories like nothing else, but what is it that actually makes this method of training so effective? If you're still unsure of what really goes into a HIIT workout and which calorie-burning processes are triggered within the body as a result, you're about to find out. Let's finally answer the question many have been dying to ask: What the heck is HIIT?"

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HIIT (High-Intensity Interval Training)

WebMD

"As you can tell from the name, high-intensity interval training (HIIT) is challenging. It takes your cardio workout to another level, as you push your pace out of your comfort zone. You can use HIIT with any type of cardio workout, whether it's running, using a stair climbing machine, rowing, or jumping rope."

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All About High Intensity Interval Training.(HIIT)

Precision Nutrition

"High intensity interval training (HIIT) is when you alternate between high and low intensity exercise(s) or between high intensity exercise and a short period of rest. For example, a short sprint up a flight of stairs followed by a walk back down is interval training. Or a set of burpees followed by bodyweight rows."

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8 Benefits Of High-Intensity Interval Training.(HIIT)

Shape

"High-intensity interval training (HIIT) describes any workout that alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest. For example, a good starter workout is running as fast as you can for 1 minute and then walking for 2 minutes. Repeat that 3-minute interval five times for a 15-minute, fat-blasting workout. It sounds too simple to be effective, but science doesn't stretch the truth. Read on for eight proven benefits of HIIT."

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What Is High Intensity Interval Training.(HIIT) And What Are The Benefits?

[American Council On Exercise](#)

"High Intensity Interval Training (HIIT) is a system of organizing cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery. On a 1-10 scale of perceived exertion, high intensity can be considered anything over an effort level of 7. When using max heart rate (MHR) as a guide, high intensity can be considered exercising above 80% of MHR. Modes of HIIT can include outdoor activities such as running or cycling, or using equipment such as treadmills, elliptical runners, stair-climbers or stationary bikes. HIIT training calls for challenging work-rates such as sprints (whether on a bicycle or running) for short time frames lasting from thirty seconds to two minutes."

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[How To Get The Most Out Of Your Exercise Time](#)

[Vox](#)

"When researchers talk about HIIT, they're referring to workouts that alternate hard-charging intervals, during which a person's heart rate reaches at least 80 percent of its maximum capacity usually for one to five minutes, with periods of rest or less intense exercise. (It's not easy to know that you're working at 80 percent, but a Fitbit or heart rate monitor can help.)"

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